

Prevention Month Calendar

Individuals can do small things every day to protect children and strengthen families. The calendar below offers a suggestion for each day in April, Child Abuse Prevention Month.

Visit the Prevention Initiative Web site (<http://nccanch.acf.hhs.gov/topics/prevention>) for ideas for every day of the year.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Read to a child.	2 Compliment a child. Encourage a child. It helps build self-esteem.	3 Volunteer at a local child abuse prevention center.
4 Listen to your child's stories and dreams. Build his or her imagination.	5 Learn nonviolent ways to discipline, such as time-out with discussion.	6 Control offensive materials on your home computer.	7 Color a special picture with your child. Hang it on the refrigerator.	8 Visit a nursing home with your child.	9 <u>DO SOMETHING</u> when you see child abuse in public.	10 Baby-sit free for a parent who needs a break.
11 Get to know your neighbors. Hold a block party.	12 Strengthen your marriage by attending a marriage education seminar with your spouse.	13 Take the family to a matinee.	14 Play your child's favorite game.	15 Volunteer in a classroom or at a childcare center.	16 Make cookies with your child and frost them.	17 Set a good example, demonstrate positive relationships.
18 Encourage your children to give their allowance to charity.	19 Wear a Blue Ribbon (the symbol to prevent child abuse).	20 Go for a family bike ride.	21 Become educated and involved in legislative children's issues.	22 Give everyone in your family a hug today.	23 Have the family go for a nice long walk together.	24 Share your common experiences with other parents.
25 Rent a family movie and share a bowl of popcorn.	26 Clean out closets and give unwanted items to charity.	27 Have the entire family make a Sunday dinner.	28 Visit the Prevent Child Abuse America Web site at www.prevent-childabuse.org .	29 Take a parenting or child-development class.	30 Learn how, when, and what to report about suspected child abuse.	



Adapted from:
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